



Cook time: 30 mins

Serves: 4

Prep time: 10 mins

Spinach and Cheese Quiche

Ingredients

- 1 large bunch baby spinach (100g) (can replace with $\frac{3}{4}$ - 1 cup of other vegetables such as broccoli or frozen vegetables)
- 8 eggs
- 150g cherry tomatoes, halved or normal tomatoes, diced
- 1 cup (90g) grated parmesan cheese or tasty cheese
- 2 cloves garlic, minced
- $\frac{1}{2}$ onion, chopped
- 1 tbsp canola oil
- 2 slices of wholemeal bread, chopped into pieces
- 1 cup (250ml) low-fat milk
- Pepper, to taste

Method

- Preheat oven to 180°C. Grease a 12 cup capacity muffin pan.
- Roughly chop spinach leaves.
- Whisk eggs and pepper in a bowl until small bubbles appear. Add spinach, tomatoes, cheese, garlic, onion, milk, and pepper, to eggs. Stir until well combined.
- Spoon mixture into prepared muffin holes. Press in bread pieces into the egg milk mixture with the back of a spoon. Bake for 30 minutes or until firm to the touch. Cool in pan for 5 minutes before turning onto a wire rack.

OR

- In a non-stick 20cm pan, heat 1 tbsp of canola oil.
- Pour in egg milk mixture and press in bread pieces with the back of a spoon.
- Reduce heat to low. Cook covered for 20–25 minutes or until set. Let it stand for 2 minutes.

Nutrition Information (Per Serving):

Energy: 339kcal

Protein: 22.1g

Total fat: 20.9g

Carbohydrates: 15.9g

Dietary fibre: 2.7g